

Healthy Relationships

Community information
sessions

SSI's Adira Centre (NSW Multicultural Centre for Women and Family Safety) invites community members to attend our information sessions to learn about maintaining healthy relationships to support the wellbeing of individuals and families.

Sessions provide practical tools and advice to strengthen connections with family, friends, and partners while promoting harmony and understanding within your community.

Contributing to overall health and wellbeing

Empowering communities for stronger connections

Our sessions are:

- Available across NSW
- Sessions are tailored for your community groups
- Delivered in English with interpreting as needed
- Duration approx. 1.5hrs (flexible)
- Available both face-to-face and online

For further information and to arrange information sessions for your community, contact **the Adira Centre (NSW**

Multicultural Centre for Women and Family Safety)

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